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Reserve

WHAT SHALL WE HAVE FOR DINNER?

Three hundred and sixty-five times a year, with unfailing regularity, this question confronts every housewife. Perhaps the Bureau of Home Economics can help to answer it from time to time by suggesting new combinations of old familiar foods, or new ways of cooking them to make them seem different.

If your marketing is not already done, you can use these radio suggestions the same day they are given but our suggestion is that you take them down now, think them over, and put them into effect tomorrow. One reason for this is that you can plan the necessary work better. Perhaps you can make the dessert in the morning, right after breakfast, and often some other dish can be prepared and set away, too, so as to leave as little as possible to be done when meal time is close at hand. Any necessary marketing can be done well in advance.

At every season of the year some foods are particularly abundant and easy to get almost everywhere, so we'll try to limit our suggestions as far as possible to such foods. And we'll have to assume that you have a properly brought up family, willing to eat most familiar foods when they are attractively prepared, and that you, the housekeeper, are willing to try new ways of cooking once in a while, just for the sake of change.

Let's build our first menu around a good roast of fresh pork - either the ribs, the leg, or the shoulder. That's a meat you can get anywhere in the winter time, whether you live in the country or the city. The middle part of the loin is the most desirable as far as economy in serving goes, but it is also the highest in price, and most butchers

prefer to cut a loin of pork in half and sell one end or the other. Have the butcher separate the chop bones between each vertebra to make carving easier, and if you take the tenderloin end, you may desire to have the tenderloin trimmed out so that you can use it for a different meal. It's delicious split and broiled or fried for lunch.

Allow plenty of time for cooking all pork. Brown the roast quickly all over, then reduce the heat and cook fat side up. Make sure that the center of the roast is thoroughly cooked. If you have a fresh ham or shoulder it is especially important to cook the middle of the roast well.

Now for the rest of the menu. Time-honored custom has associated pork invariably with apple sauce. There was a good dietetic reason for this, because the mild acid of the apple sauce combined well with the richness of the pork fat and gravy. But the acid may be introduced exactly as well in the form of tomato. Sometimes a simple departure from one of these habitual combinations gives a fresh zest to a meal! Why not leave out the apple sauce and have tomato soup! It's easily made with canned tomatoes and stock, with what the French call a "suspicion" of onion flavor, or with milk or water, if you have no stock on hand. Every dinner need not begin with soup, however. if it is easier for you to omit soup, because of the extra dishwashing. Serve scalloped tomatoes as your second vegetable. Scalloped dishes are doubly convenient, for they help to use up accumulated stale bread. They may be prepared at any time of the day and reheated at dinner time. Another way to provide a little acid with the pork is to serve one of your tart jellies with it - currant, or rhubarb, or wild grape.

Vegetables must be thought of next. Two will be enough. If you are going to have tomato soup, you will need one starchy and one succulent vegetable with the meat. This combination has been found to give a well-

proportioned meal, containing representatives from all the necessary food groups. You can serve a starchy vegetable and two others if you wish, because the added minerals, vitamins and roughage are good for the family, but don't serve several kinds of starchy foods - most people eat more of those than they need, anyway. We usually think first of potatoes and rice as "starchy" foods to have for dinner, but we should also include such cereals as corn meal, hominy, and products made from flour, like macaroni and noodles. Any kind of bread adds to the total starch of the meal.

In the southerner's estimation nothing could be better than the favority combination popularly called "hog and hominy," so we shall choose boiled hominy grits to go with our pork roast, sure of pleasing the family. For the green or **succulent** vegetable let's have cabbage - but such a different cabbage from the kind you have always served! Chop the cabbage up finely and cook it just about two minutes in hot milk - half as much milk as you have cabbage. Then for each quart of cabbage add a cup of cream or rich milk, with 2 tablespoons of butter blended with the same amount of flour. Season with salt and pepper, cover, and boil just 3 or 4 minutes. The result is a crisp vegetable, delicate and delicious, retaining a maximum of those valuable constituents called vitamins. If you have already decided to omit the soup and have scalloped tomatoes, you need not have cabbage too, unless you wish, but be sure to try "five-minute cabbage" at your very first opportunity!

Dessert after a hearty dinner should generally be light and dainty and not too filling. Choose steamed apples with jelly and you will not only satisfy those who insist on the apple-pork combination, but at the same time you will make your dinner seem somewhat different. With bread,

butter, meat gravy, and any beverage you prefer - of course no tea or coffee for the children - here's the complete menu:

Tomato soup

Roast pork, boiled hominy grits, five-minute cabbage
Steamed apples with jelly.

TODAY'S PICK OF RECIPES

Pencils and paper ready! Here are the recipes you'll need with today's menu. (Must be read slowly or repeated)

The first is Cream of Tomato Soup. Ingredients needed: 1 pint cooked or canned tomatoes, 2 tablespoons butter or other fat, 1 tablespoon flour, 1 teaspoon salt, 1 quart milk, sprig parsley, pinch pepper, 1 teaspoon onion juice. Also, if your family likes these flavors, 2 bay leaves, 1 whole clove, 1 teaspoon sugar. Leave them out if you prefer.

The difficulty usually encountered in making cream of tomato soup, or tomato bisque, as it's often called, is having the soup curdle the last minute. This is due to the effect of the acid tomato on the hot milk. It can be avoided by the proper management of the ingredients, without the use of the soda so often called for. When soda is added the desirable acid flavor is neutralized and the vitamin content may be affected.

Use two saucepans. In one cook the tomatoes slowly with the seasonings for 10 minutes, and then rub through a strainer. In the other scald the milk, and thicken it with the flour and butter rubbed to a paste. Re-heat the tomatoes in the first saucepan, combine the two pans without further cooking, and serve immediately.

Tomato soup is also very good when made with stock or just water. Use 1 pint of cooked or canned tomatoes, 1 quart of water or meat stock, 4

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tablespoons of butter or other fat, 4 tablespoons flour, 1 teaspoon salt, a pinch of pepper, a tablespoon of chopped onion. Cook the onion in the butter to develop the flavor, but do not fry it. Add the flour and mix. In another pan mix the stock or water, the tomato and seasonings. Heat these to the boiling point and pour slowly on the flour and butter mixture, stirring all the time to prevent lumping. Cook for a few minutes, strain and serve.

Dessert today is to be steamed apples with jelly. First make a sirup in the proportion of a cup of sugar to 2 cups of boiling water. Flavor this very slightly with vanilla or lemon. When your sirup is boiling, drop into it as many peeled and cored whole apples as you will need. There should be enough sirup to cover the apples. Cover the saucepan and allow the apples to cook slowly, until they are tender. Use a skimmer to remove them to a serving dish, and fill the centers with jelly. Serve the apples hot with the sirup, or with cream or hard sauce.

QUESTIONS WOMEN ARE ASKING

Question: How can a housekeeper distinguish hard-wheat from soft-wheat flour?

Answer: Flours from soft wheats have a velvety texture somewhat like cornstarch. Those from hard wheat are usually more gritty. Experts detect this difference by rubbing a pinch of flour lightly between the thumb and the third finger. Squeeze a handful of flour tightly, then open the hand. If the flour remains in a mold and shows the impression of the fingers it is probably a flour from soft wheat. Hard-wheat flour acts more like a powder and

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the mold breaks up readily. A quart of hard-wheat flour that has been sifted once, dipped lightly into the measure, and then leveled off, weighs about 16 or 17 ounces or even more. A quart of soft-wheat flour sifted and measured in the same way weighs only about 14 or 15 ounces.

Question. Why is hard-wheat flour preferred for making yeast breads and soft-wheat flour for quick breads, pastry, and cake?

Answer. Yeast breads can be made more easily and oftentimes more successfully from the so-called strong flours milled from hard wheat. This is because they contain a comparatively large quantity and high quality of gluten, the substance that enables the dough to stretch and hold within it the gas bubbles formed by the yeast during fermentation.

Soft-wheat flours, on the other hand, contain less gluten and it does not have the elastic qualities of that in hard wheat. However, for cake, pastry, and quick breads, in which tenderness is of prime importance, this is desirable.

It is important to remember this, and the homemaker should keep both soft and hard-wheat flour on hand and use each for the purpose for which it is best suited. In a recent article in the Journal of Home Economics, Doctor Alsberg of the Institute for Food Research in California makes the statement that it is an economic waste to use hard-wheat flours to make biscuit and cake or to thicken soups and gravies. We have reached the limit of our production of hard wheat in this country. A premium is being paid now for the hard varieties. Soft wheat production may be expanded considerably. If the homemakers, generally, use soft wheat where it can be used, to save the hard wheat, they can make a contribution toward solving the problem of our flour supply. This, Doctor Alsberg feels, may

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make a valuable contribution to national welfare.

Question: Can satisfactory yeast bread be made from soft wheat flour?

Answer: Yes, but it requires different treatment. The dough rises more quickly and will not stand so much handling as that made with hard wheat flour. Better results will be obtained if the amounts of yeast and sugar are both increased so as to shorten the process. The proportions that seem to give the best results with soft wheat flour are - one yeast cake and one tablespoonful of sugar for every pound loaf of bread, which is about twice as much as used with ordinary hard wheat flour. The periods of time are all shortened, and the dough should not be allowed to rise as much or the less elastic gluten may be injured. In order to be safe with these flours, the dough should be watched carefully and tested with the finger before it has quite doubled in volume. Detailed directions will be found in Farmers' Bulletin 1450 or perhaps in a bulletin from your own State college.

Question: How can I prepare or grow a yeast at home?

Answer: The following method has been found to work successfully: Three potatoes, weighing three-quarters of a pound; 1-1/4 cups of boiling water; 1-1/2 cups of cold water; 2-3/4 tablespoonfuls of sugar; and 1-1/2 tablespoonfuls of salt.

Pare and dice the potatoes, and cook until tender in the boiling water; add sugar, salt, and enough cold water to make 3-1/4 cups of liquid. Cool until luke warm; add one cake of dried or compressed yeast, soaked in 1-1/8 cups of luke warm water. Allow this mixture to stand over night.

In the morning it should be light and frothy. Stir it well, and pour off 1-1/8 cups to save as a starter for the next baking. Put this away in a clean, scalded jar in a cool place. The remainder may be used for making bread.

Question: Can whole-wheat grains be cooked for breakfast food?

Answer: Yes. If you have a pressure cooker, you can cook whole-wheat grains easily in the following way: Clean them well, cover with 1-1/2 times as much water by measure, soak overnight, and cook under 20 to 25 pounds pressure for one hour or longer if very soft grains are desired. In case a pressure cooker is not available it is wiser to grind the wheat in a hand mill, such as that used for coffee, and then cook it in the double boiler like rolled oats or any other cereal mush.

Question: Has a banana much food value?

Answer: A banana is very high in food value. In fact, almost one-fourth is starch and sugar. In addition, it contains a small amount of protein, a trace of fat, and a small percentage of mineral matter. A banana should be fully ripe before using in order to get the best flavor and the most digestible condition. One authority in discussing food for young children suggests the occasional use of a little scraped ripe banana. In buying bananas, be sure the stem end is left on. In this way, the food is delivered in a sealed package. Baked bananas are good served in place of a starchy vegetable with meat or as dessert.

Question: We have been bothered by the spreading of a plant called the Jerusalem artichoke, but one of my neighbors says we could eat them. Is this so?

Answer: Yes. Jerusalem artichokes are an excellent food when boiled and peeled and served like other vegetables, either with butter and seasonings, or with a cream sauce. As they grow with many small knobs, it is easier to peel them after cooking than before. Cold boiled artichokes are good in salad, and you can also eat raw artichokes, peeled and cut in thin slices, like other salad vegetables. They are available at this season.

WHAT ARE ESSENTIAL FOODS?

It is impossible to make a list of essential foods. There are essential nutrients, or nourishing substances, in foods, however, and we may list foods that contain these essential nutrients. Such a list for a child 1-1/2 years or older would contain for a day at least a pint of milk; an egg or helping of meat; a whole-grain cereal breakfast food, or whole-grain bread, or a baked or boiled potato. At one meal at least one cooked vegetable other than potato; at one meal fruit, fresh, canned, or dried; and at another fresh fruit or a raw green vegetable such as lettuce, or a little canned tomato. Added to these there should be butter at every meal.

Question: What is a well-balanced diet from a practical standpoint?

Answer: The well-balanced diet provides within the limits of the fuel, or calories, needed to maintain the best body weight for age and height: Protein, right in kind and amount; iron; calcium; phosphorus; and vitamins A, B, and C. The diet should be either bulky or "potentially" bulky.

Balance should be extended also to matters that affect taste. There must be a variety of flavors. Bland, sweet, sour, and savory foods must be used in right proportions, and either carefully blended or skillfully con-

trasted. So, too, with textures. Hardness, softness, starchiness, fattiness, crispness, and succulence, are all pleasing qualities, but they must be balanced one with another if the diet as a whole is to be attractive.

Question: What foods are best to correct constipation?

Answer: This is a difficult question to answer briefly except along very general lines. In general, fruits and vegetables, and whole-grain products are valuable for this on account of the cellulose present. The aim in correcting constipation is to get a food residue with sufficient bulk to stimulate the intestinal action and also to have one which holds water. Cellulose is very incompletely digested and tends to hold water. A physician should be consulted in any long-standing case of constipation.

Question: What foods would you suggest for anemic children?

Answer: Egg yolk is unusually rich in iron and is very valuable in such cases. Prunes, raisins, orange juice, green vegetables, especially spinach, are valuable sources of this important constituent. Liver has been shown to be especially valuable in such a condition.

Question: Is rayon a new textile fiber?

Answer: Rayon is the name recently adopted by the trade for what has heretofore been termed artificial or fiber silk. The latter was not only misleading but incorrect since this fiber is not an imitation of silk. In fact the only characteristic it has in common with silk is luster, and in this rayon excels. Rayon is manufactured from wood pulp and cotton linters by so treating them that they can be dissolved and the resulting

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liquid formed into small filaments.

Question: How can I distinguish artificial silk from real silk?

Answer: Artificial silk, or rayon, as it is generally called, is much more lustrous than real silk, more stiff and harsh, and burns like cotton with a yellow flame that flashes along and leaves a small amount of gray ash. An exception is a brand of artificial silk recently introduced which gives a hard ball of ash. The yarns untwist very readily and the individual filaments spread apart in more or less of a fan shape. Artificial silk is usually weaker when wet. Therefore when garments made of it are laundered, they should be handled carefully, and not rubbed. Do not wear rings when washing these articles, or you may tear holes in the fabric. Properly handled, this material is useful and attractive.

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Reserve

WHAT TO HAVE FOR DINNER?

A new kind of meat is what every housekeeper sighs for, as she turns over in her mind the possibilities for the day's meals. But for most of us, although we would be delighted to try reindeer meat, or buffalo, or whale steak, if we could get it, the same old domestic animals are all we have to choose from. Beef, pork, veal, lamb, the internal organs such as liver and heart, and the smoked or salted meats; these, with poultry, which usually means chicken, constitute our list the greater part of the year. So we have to fall back on what we can get, and see if there isn't a way of fixing up a familiar cut to make it seem like something new.

Have you tried mock duck? When it comes to the table, it looks like a duck- a neat browned roll, dressed with a bit of parsley,- but it's really a flank steak. This, of course, is one of the least expensive cuts of beef, so your household allowance for the table today will go a little further than usual. A flank steak is almost the only piece of beef which has no bone, and as there is little fat or other waste on it, two pounds will be enough for the average family. Be sure the butcher does not score it. Scoring, or cutting the surface, merely lets most of the delicious meat juices escape into the pan, and the result is a dry and tasteless dish. Directions for preparing the mock duck will be given under "Today's Best Recipes", but in case you have never seen one, we'll say now that the flank steak is going to be stuffed and rolled, then braised in a covered roasting pan, and served with plenty of gravy.

Mashed white potatoes go well with beef and gravy. Cook the potatoes just long enough for mashing, and then drain them. The water in which they were cooked will be useful when you make your gravy. Warm the butter and milk which are to be blended with the mashed potato and seasonings, before you put the potato with them. The melted butter makes the mixture easier to beat until it is light and fluffy. If necessary, mashed potatoes can be kept hot in a baking dish in the oven until the rest of the dinner is ready to serve, but they will be better if timed so that they are brought to the table immediately.

Beets will undoubtedly be available for your other vegetable. At this time of year they may be stored winter beets, or the young spring beets from the market. Either kind is desirable, but each must be handled in a different way. The older beets should be soaked over-night before cooking, and then cooked a much longer time than the young beets. Sometimes it takes 2 hours or more to make them tender. Young beets can be cooked in from three-quarters of an hour to an hour. Always leave at least an inch of the stem ends on beets so as to prevent what is called "bleeding", or having the color run out. The skins are left on for the same reason. Put beets into boiling, slightly salted water to cook. To peel beets quickly when they are done, drop them for a moment into cold water and the skin and stem can be slipped right off. Dice or slice them, season with salt and pepper, and reheat them for a few minutes in butter. Sugar may be added to the seasoning if you like it. Cold beets are so often put in weak vinegar and eaten as a relish that many people do not know any other way to serve beets. Try these hot buttered beets for a change if you have never had them.

Some of your good sweet pickles will be excellent with this dinner, and possibly a glass of grape jelly. You do not need a salad, but if you wish

to have one, cabbage salad is easily made. Cabbage is one of the most valuable winter vegetable we have as a source of vitamins, and should be eaten as often as possible until the season for other green leaf foods arrives. The whipped cream dressing described in the recipe, which will be given very shortly, adds a touch of luxury to this inexpensive meal, and also adds to its food value.

Fruit canned last summer is just the thing for dessert. Serve a few simple cookies with it. If you have no home-canned fruit, sliced oranges will help to supply the needed vitamins for the day, and oranges are fairly cheap now. If you'd like to have a more elaborate dessert, make a custard to go with the oranges. Or sprinkle them with shredded cocoanut. In the south this combination is called "ambrosia". This meal is attractive enough for "company", but if you wish, you can have your favorite soup as a first course.

Here's the entire menu;

Mock duck, mashed potatoes, gravy, buttered beets, pickles, jelly,
Cabbage salad
Fruit with cookies

TODAY'S PICK OF RECIPES

You have a pencil handy, of course? And paper or notebook to take down today's recipes? First we're going to tell you how to make mock duck. Select a flank steak weighing two to three pounds. Do not have the butcher score it, or when you cook it the juice will run out. Make a stuffing of the following ingredients: 1-1/2 cups of stale bread. (Soak this in warm water and squeeze it out until it is just moist) 1 teaspoon of salt, 1/2 teaspoon of pepper, one small onion, minced, 1/2 cup of celery, and 1/4 cup of finely chopped fat, which may be either beef suet or salt pork. Mix these

well and spread the stuffing over the steak. Roll it up so that when cut for serving you will cut through the grain. Fasten it with butcher's skewers or tie it with clean string. Roll the outside of the "mock duck" in flour, then sear the surface in a small amount of fat in a baking pan. Add more flour if necessary, so as to have enough for brown gravy. When the meat is thoroughly seared on all sides, add a cup of water, cover closely and cook until tender. This should require about 1-1/2 hours. Add more water if necessary when making your gravy. When the meat is done, mix two tablespoons of fat with an equal amount of flour, add the liquor from the meat pan and enough water, which may be that which you have drained from the potatoes, to make as much gravy as you need. If the steak had fat on it there may be enough fat and also flour in the pan to make the gravy without adding any other.

Cabbage salad has many possibilities. Either white, green, or curly cabbage may be used. Chop it fine, and combine with a dressing made as follows: Beat one half pint of thick whipping cream until stiff; add 4-1/2 tablespoons of lemon juice, 2 tablespoons of fresh grated horseradish, a grating of onion, a few drops of tabasco, and salt to taste. These seasonings may be changed according to individual preference, but be sure there is enough dressing in proportion to the cabbage. Just a dash of cayenne pepper may be used if you do not have tabasco. If the horseradish is in vinegar use only 2 tablespoons of lemon. Half a pint of cream will make dressing enough for about 3 cups of finely chopped cabbage, which will serve 6 people.

This salad may be used alone on a cabbage leaf, or it may be served on lettuce, or on either may be placed a slice of pineapple and on that a good thick covering of the cabbage salad. A still more elaborate salad may be prepared by adding grated cheese to the pineapple-cabbage combination. A

very attractive way to serve this cabbage salad, if it is made from curly cabbage, is to hollow out the head and use it as a bowl from which the salad is served.

The value of cabbage as a source of vitamins, especially when uncooked, cannot be pointed out too many times.

LIMBERING UP THE SEWING MACHINE

The thought of spring sewing seems to take definite form when the sales of white materials begin soon after the first of the year. Housekeepers who do most of the family sewing begin to pick up attractive bargains in linens or gingham and to scan the pages of the fashion books for styles that look interesting, but which are not too difficult to make.

Formerly it was customary to allow about two weeks every spring in the well-regulated households for spring sewing. In our modern scheme of living, however, it is seldom possible to devote any single stretch of time to sewing and nothing else. Dressmaking must be sandwiched in among many other household activities, and the secret of getting a lot done is to make practical advance preparations for this extra work. A little later we will talk about the selection of good, quickly made designs for garments, and short-cuts in doing the actual work. The very first preparation of all is to look over the tools and accessories, see that the outfit is complete, and ready for use. This means having the scissors sharp, tape measure legible, the supply of pins, needles, threads, snaps, hooks and eyes, tape, elastic, and similar findings replenished, but first and foremost, having that most important tool- the sewing machine- in good running order.

Every machine needs cleaning at frequent intervals, even when in

daily use. If the machine has been closed and unused for any length of time it will probably need a thorough going over. After wiping and dusting it thoroughly, fill your oil can with kerosene, and oil every part, including the treadle shaft and lower wheel axles, if it is a foot-driven machine. Run the machine vigorously without thread until you are sure the kerosene has had a chance to loosen every bit of old, gummed-up oil and dirt. Then put good quality machine oil in your can and oil the machine with that. Use light mineral oil or sperm oil, or any special oil recommended by the makers of your machine. Wipe all accessible parts so there will be no likelihood of getting oil on your material. Thread the machine and work off on scraps some of the first thread that must pass through or near oiled parts. As an extra precaution to prevent accidental oil spots tie a bit of wool around the presser foot post just above the needle.

When the stitching on your scraps is clean you can safely start to sew, but first look over several other details. See if the stitch is right for the use intended, and adjust the thumb-screw that regulates the length of the stitch. Some women use the same stitch whether they are making furniture covers or party dresses, and wonder why their clothes never look as attractive as those made by somebody else who uses a small stitch, fine thread, and a fine needle, on nice materials. You can save energy, however, on draperies, sheets, and other household articles, by using a medium stitch that covers the distance faster. Notice whether your tension is right for the thread and kind of material on which you expect to start sewing. Examine the belt to see if it is tight enough. Tired feet and aching backs are often due to working strenuously at the treadle when the belt slips. If the belt is slack, open it and cut off a half inch or more, pinch the connecting wire back in place, and see what a difference this one change makes! If you expect to do a great deal

of sewing this season, this is a good time to consider the possibility of investing in an electric motor. Considerable valuable woman power is expended in peddling.

See if the presser foot and feed plate work right for the kind of material you are about to use. Sometimes a lot of lint and dirt gets caught under the feed plate. You can get it out by turning back the head of your machine.

Lastly, see if you have needles of various sizes, in good condition. Blunt and bent needles should be thrown away. Always use the correct needles for your make of machine, and keep a supply on hand to fit the sizes of thread you expect to use. Nothing is more discouraging to the home sewer than to break a needle and not find another of the same size to take its place. Strong coarse needles are needed for heavy work, but on thin materials they punch ugly big holes and spoil the appearance of the work.

Get into the habit of closing up the machine when you stop work for the day. A little dust can undo all your efforts at cleaning up your machine and making it run easily.

QUESTIONS WOMEN ARE ASKING

The next question is one which follows rather logically our home sewing talk.

Question: Are there any successful methods for setting the color in dyed fabrics?

Answer: No. The household methods of soaking fabrics in salt, alum, pepper, vinegar, and various other solutions as a means of "setting" the color are largely a waste of time and materials. Though the color will not run from a dyed fabric as long as it remains in a saturated solution of

salt or alum, this has no permanent effect on the dye. A fabric after treatment in this way is just as likely to fade when washed later in the ordinary way. No successful household methods of setting the color in dyed fabrics are known.

Rather discouraging this, but the next question sounds more hopeful.

Question: Are the wash fabrics faster in color than they were a few years ago?

Answer: Yes, a much larger proportion of them are fast, both to sun fading and water fading. This is because better dyes are being developed. The manufacturer realizes the loss to the consumer when colors are not fast. Some are guaranteed, others are not. It is a wise precaution to get a small sample, when this is possible, and test it for both sun-fading and water-fading before using.

Question: Do you recommend shrinking goods before making up?

Answer: Shrinking is less necessary now than formerly because most garments do not fit so closely. It is objectionable in that it takes the original finish out of the garment. No wash material stays clean and fresh as long after it has once been laundered.

Question: What method of shrinking do you recommend?

Answer: If the material is left in its original folds and immersed in the bath tub in boiling water, it may then be lifted out and dried over a broom handle so as to make ironing almost unnecessary.

Question: What makes a cake of chocolate appear white on the outside? Does this indicate any harmful change in the chocolate?

Answer: This simple shows that the chocolate has been kept in an over-warm place. When pure chocolate is subjected to too high a temperature, even that above 80° Fahrenheit, it melts and the fat rises to the surface. When the temperature is lowered again this fat hardens and looks white in contrast to the brown of the chocolate itself. This does not injure it in any way for use.

Question: What is the easiest way to make cocoa?

Answer: There are two points to keep in mind in making cocoa. In the first place, it lumps quite easily, and in the second, it should be boiled to thicken it and develop a somewhat better flavor. If the dry cocoa is combined with sugar, the sugar separates the particles and prevents lumping. To this may be added a small amount of water or milk. Heat to boiling until it thickens, boiling two or three minutes. Then all remainder of the milk and heat to serving temperature.

Chocolate may be prepared in the same way, melting the amount of chocolate required in a small amount of water or milk, with the added sugar. It is not necessary to grate the chocolate. When this is cooked smooth, add the remainder of the liquid.

Question: Why have the Dutch cocoas a somewhat different color than some of the other varieties?

Answer: This is because of the addition of a small amount of alkali, which makes the cocoa darker and keeps it suspended in the liquid better. This treatment does not affect in any way the food value of the cocoa.

Question: What foods should I eat to increase what the physician calls "my alkaline reserve."

Answer: Milk, vegetables, and fruits are most helpful. Most of these are acid when eaten, but this acid is in a form which is burned in the body and releases the alkaline substances held in combination. Bananas are especially valuable in increasing the alkaline reserve.

Question: I have found some little oval, reddish-brown, hairy worms or bugs under my living-room carpet. What are they, and how shall I get rid of them?

Answer: These are probably the grubs or larvae of the carpet beetle, which feed on fabrics of all sorts. You must get rid of them or they will get into upholstered furniture, wool, silk, fur, or feather articles, much as clothes moths do. Give your rugs a thorough cleaning, beating and sunning, and also any clothing in closets which you think may be susceptible. Wrap up articles that you are putting away for the season in tight packages with naphthalene* flakes or paradichlorobenzene* crystals which you can usually get at a drug store, just as you would to protect them from clothes moths. Fill up cracks in your flooring with putty or patented crack fillers before you put the rugs back, or treat them with gasoline or kerosene. Do not use these inflammable liquids when there is a lamp or fire in the room, and ventilate the room after using them.

*NOTE TO BROADCASTER: Spell these words out.

Reserve

Release February 25, 26 or 27

WHAT TO HAVE FOR DINNER

During the Lenten season, which began February 17, a good many people will be planning meals in which meat is not served. The problem is to make these meals substantial and filling and balance them in food values as usual. The menu we have selected for today will be found satisfactory, since each of the five food groups is represented- proteins, vegetables and fruits, starchy foods, sugar, and fats. The various dishes will also provide some minerals and vitamins in sufficient amount.

Let's begin with a bean soup, which may be made with any one of several kinds of beans. Probably you will think first of white navy or lima beans, but you could also use red kidney beans, black beans, and several other kinds. Bean soup will be one of special recipes today, and the chief point to note at this time is that the beans will have to be soaked overnight. After that the making of the soup is not difficult.

Perhaps you have never used macaroni with cheese as a main dish for dinner. A great many people are so fond of it that they eat but little else at the same meal. It is quite substantial enough to serve, simply with a vegetable. Since the cheese is partly intended to take the place of the meat served on other days, the amount used may be somewhat large in proportion to the other ingredients. Directions for making it will be given. A sharp, tasty, American cheese is generally considered best with macaroni. To lend zest and interest to the dinner a vegetable with a



pronounced flavor is needed. We have selected stuffed onions for this purpose. You will need rather large onions,- the Spanish variety if you can get them, or large Bermudas. Allow from a half to a whole onion for each person to be served, according to your past experience with the family. Cut the onions in half and parboil them gently until fairly tender, taking care not to get them out of shape. Lift them out of the water with a skimmer, and arrange them in a buttered pan or baking dish. If you have a glass or earthenware pie-plate that can be put on the table it is just the thing. Scoop out the onion centers and chop them fine. Mix them with about an equal amount of buttered crumbs and a few chopped nut meats. These may be omitted if necessary, but they add to the flavor and novelty of the stuffed onions. Season the stuffing with salt and pepper and fill into the cavities in the onions. Put in the bottom of the dish a few tablespoons of the water in which the onions were boiled, to keep them from drying out too much. Bake until the bread crumbs are nicely browned.

If tomatoes would be more popular with your family than onions you might serve stewed or scalloped tomatoes with your macaroni and cheese.

Celery and green peppers are available now for a salad, which may be served on lettuce leaves, or on cabbage if you cannot get lettuce. Use your favorite kind of salad dressing.

Very little has been said about bread in connection with these menus, but of course you usually have some sort of bread or rolls. Have whole wheat bread with this dinner, if you can, and often at other meals if possible. It will give variety to all your dinners to serve different kinds of bread from time to time- bread that not only tastes different, but looks different! For instance, you can have white and whole wheat loaves sometimes.

At other times, make it up in the form of rolls. You can make rye bread, if it is difficult to buy it. Toast, and thin sandwiches make the bread appear different. Then there are all the quick breads to choose from- corn sticks, graham gems, hominy muffins, corn bread, baking powder biscuits, and others.

A hearty dessert like a pie has its place at the end of such a dinner as this one rather than after a meal in which a rich meat with gravy was the main dish. Modern housekeepers are trying to lessen the amount of cooking they do, and so are depending more and more on simple desserts like home-canned fruits, fresh oranges, or a few cookies. If we introduce such a real favorite as lemon meringue pie, however, we make the dinner seem a very festive occasion. If the recipe which we shall give shortly is used, it need not be difficult to prepare. The lemon juice required adds to the day's supply of vitamins, and the egg yolks to the day's needed iron, while the whites of the eggs provide protein in addition to that of the cheese and milk in the macaroni dish.

The menu in full is as follows:

Bean soup

Macaroni with cheese, stuffed onions,

Celery and pepper salad

Lemon meringue pie

TODAY'S BEST RECIPES

(Read very slowly or repeat.)

Ready with your notebooks and pencils now. Here are today's best recipes;

First, bean soup. The same general directions apply to any kind of bean soup, or to soup made from dried peas, which may be used if more convenient. They come from the same plant family, and supply about the same food materials. Naturally you are familiar with the white navy bean, and dried lima beans. Red kidney beans are very good, too, and there are many others, some of them well known locally in various parts of the country but little used elsewhere. There is the pinto, or frijole bean, mottled brown and white, abundant in the southwest; the black or turtle soup bean, the flageolet or French lima, and the soy bean, which was introduced from the Orient. The cowpea is used in large quantities in the South, and is of the same character as these other beans, though a little different in flavor. These last two require longer preliminary soaking and longer cooking than the other varieties, so perhaps one of the first four or five should be chosen.

For a family of six, half a pint of the dried beans will be sufficient for the soup. They should be soaked overnight in four times as much water, or one quart, and then cooked in the same water until very soft. If you like the flavor of onion, cook one or two slices with the beans. If you have a fireless cooker you will find it excellent for cooking them. Mash the beans through a sieve when they are done, and add water and milk, or stock - enough to make up a full quart. Of course, you may prepare a double quantity of bean soup and serve it twice if you like.

All bean or pea soups should have a little flour added to them as a binder to prevent the thick part from settling to the bottom. Mix a tablespoon of butter with a tablespoon of flour. Add a little of the hot soup, and stir until it is smooth. Then add the remaining soup and salt and

pepper to season. Cook in the double boiler about 10 minutes. Celery or any other soup vegetables you wish may be cooked with the soup. They should be cut up in small pieces. A tablespoon of chopped parsley sprinkled over the soup at the last minute is an agreeable addition. A pinch of mustard, and a little lemon juice are good when black beans are used.

Macaroni with cheese comes next. It may be prepared in the morning and reheated at dinner time if you wish. Break up a cupful of macaroni or spaghetti into small pieces and cook in 2 quarts of boiling salted water until tender. Drain in a strainer and pour cold water over it to prevent the pieces from sticking together. Make a cheese sauce by adding from one-fourth to one-half pound of cheese to a cupful of plain white sauce. Reserve a little of your cheese to grate over the top of the dish. The proportions for the white sauce, are: 2 tablespoons of flour, 2 of butter, and a cup of milk. Grate or cut up the cheese and melt in the sauce. Season with 1/2 teaspoon of salt and a few grains of cayenne pepper.

Now put the macaroni in a buttered baking dish in alternate layers with the cheese sauce. Scatter the extra grated cheese over the top, with some buttered bread crumbs. At serving time, heat in the oven until the crumbs are brown and the sauce and macaroni are thoroughly heated.

Start your lemon meringue pie by making an undercrust. Use your own recipe, or the following one which makes enough for two crusts, one of which may be saved for another day: Sift 1-1/2 cups of soft-wheat or pastry flour with 1 teaspoon of salt. Work into this about 5-1/2 to 7 tablespoons of fat with the tips of the fingers. Add about 2-1/2 tablespoons of water, or just enough to make the dough correct for rolling. Roll it very lightly. Pre-bake a single crust at about 450°F. until it barely begins to color. Now

make the filling separately. You will need 4 tablespoons of lemon juice, 2 tablespoons of cornstarch, 1 cup of boiling water, a pinch of salt, 3/4 cup of sugar, 1 tablespoon of butter, 2 egg yolks, the grated rind of half a lemon. Mix the sugar, salt and cornstarch together and add it to the boiling water, stirring constantly until the cornstarch is cooked. This will take about 5 or 10 minutes. Now add the lemon juice, grated lemon rind, and well-beaten egg yolks and butter. Cook all together for not more than a minute. Pour into the crust and spread over the top a meringue made by thoroughly beating the 2 egg whites, with 2 tablespoons of sugar added when the egg whites are stiff. Use a wire whisk and beat the whites on a platter to make them light and fluffy. Bake at a low temperature, or about 250°F. for 20 minutes, and then raise the temperature until the meringue browns.

QUESTIONS WOMEN ARE ASKING.

Question: Are canned beans that have been frozen in glass jars safe to eat?

Answer: If the freezing did not break the jars or loosen the seal in any way so as to cause the beans to spoil, there would be no danger in using them. After canned beans are taken from the jars they should of course be boiled for at least five minutes before they are served in any way.

Question: Should the juices from canned vegetables be drained off and thrown away?

Answer: No. There is no reason for throwing away the liquor from canned foods unless there are evidences of spoilage. Then the solid contents should also be discarded. The idea that canned vegetables themselves

are safe to eat if the juice from the same can is unfit, has no foundation in fact. The practice of draining probably goes back to the days when certain vegetables were put up in brine too salty to be served with the vegetables. They then had to be drained and sometimes soaked in clear water to make them edible. There is no excuse for this practice now. The liquor around canned vegetables contains valuable mineral matter and draining it off means important loss in nutritive value.

Question: How can I get iron-rust stains from my white-enameled kitchen sink?

Answer: If the stains are not too deep seated, you can bleach them out with a solution of oxalic acid. Buy 1 ounce of the white crystals of oxalic acid at the drug store and add them to an 8-ounce, or half-pint, bottle of water. Be sure to label this poison and keep it out of the reach of children. Pour a few drops of this strong solution of the acid on the rust spots, rinse it off with clear water, and repeat until the stain disappears. If the acid is allowed to remain on the sink it will injure the enamel.

Question: Can kafir corn be used for human food?

Answer: Kafir corn differs very little from our common corn in composition and digestibility and can be ground into meal and used as human food if desired. It requires longer cooking, however, than ordinary corn meal.

Question: Does cooking foods under steam pressure destroy the vitamins in the foods?

Answer: In general, no. Of the three best known vitamins, only one, commonly called vitamin C, is easily affected by the ordinary cooking processes. The presence of air and long-continued heating seem to aid in the destruction of this vitamin. In the case of foods requiring long cooking in the ordinary way, cooking in the air-tight pressure cooker would probably be less destructive to this vitamin than the usual method.

Question: How should rice be cooked so that the grains are large and whole?

Answer: To have flaky boiled rice wash the dry grains until all loose starch has been removed and the water runs clear. For one cup of dry rice have two or more quarts of water boiling in an open kettle. Add a teaspoon of salt, slowly drop in the rice, and allow it to boil rapidly for 20 to 30 minutes, or until a grain when pressed between the thumb and forefinger is entirely soft. Never stir the rice as it cooks, but lift it occasionally with a fork to prevent it from sticking. Turn it into a colander or a sieve, pour hot water through it, cover it with a cloth, and allow it to steam for a few minutes over the hot water or set it in a warm oven. This dries the grains off and makes them swell.

Question: When potatoes are scarce and high in price, what other starchy foods may take their place for serving with meat?

Answer: Sweet potatoes, rice boiled so that it is dry and flaky, hominy either whole or in grits, macaroni, a product made from wheat and dasheens are all American grown starchy foods that can be added to the menu in place of potatoes. It so happens that this year when the potato crop was light, the corn crop was unusually heavy. Using corn products

now will help in evening things up for the farmer.

Question: If sugar is a good food, why is it unwise to allow a child to eat many sweets?

Answer: Sugar supplies energy to the body in a very concentrated form. Refined sugar, however, furnishes only energy. It contains none of the protein, minerals, or vitamins which the growing body of a child must have in order to develop normally. If a child is allowed to eat many sweet foods his appetite is spoiled for the other foods that he needs. This is the reason that it is better for a child to eat cereal and fruit without sugar, and that any candy or sweet foods be given him at the end of the meal rather than at the beginning or between meals. Continued eating of large amounts of sweets by a child may also cause fermentation in the digestive tract.

Question: What are some economical meat dishes?

Answer: Ham hocks and sauerkraut; chuck steak; lamb stew with peas, potatoes, and carrots; beef shank with vegetables; chuck pot roast; pork sausage and apples; swissed round steak. Many people do not know that fore-quarter cuts of meat from choice animals are usually much cheaper and far more palatable than hind-quarter cuts from animals of inferior breeding, or which have not been well fattened.

Question: I am furnishing cream testing 30% - but sometimes it fails to whip. What is the trouble?

Answer: The chief causes of failure in whipping cream are high temperature, cream low in fat and new cream. To secure a satisfactory whip, it is well to use cream containing at least 30 per cent fat which has been

aged for 24 hours or more. The cream, bowl, and whipper should be chilled.

Publication available: "Whipping Quality of Cream".

GETTING AHEAD WITH THE SPRING SEWING

Forewarned is fore-armed. On one of those milder days that come once in a while in February, imagine yourself and your family transported into April, suddenly in need of wash dresses and other cool clothes. You will probably be inspired to take stock of what is on hand for each person in the family, and to plan in advance what must be bought or made to complete their various wardrobes. Dresses that seemed scarcely affected by last year's sun when you put them away, will look discouragingly faded when you take them out. The children, as you well know, have an unfailing habit of adding to the length of their legs every winter. Mary's dresses have to go down to Jane, and Jane's must be given away to some still smaller child. After you have let down all the hems that can be let down, and made all the changes that allow for longer or plumper arms, or bigger necks or chests, you will know what materials you actually have to buy and make up.

Let us suppose that you are anxious to produce the children's school clothes, and the house dresses you will need this season, with the least possible interruption to other tasks. You can make every minute count if you plan, and use what might be termed the wholesale method in sewing. This consists of doing a great deal of one kind of work before changing one's motions to another kind, acquiring speed as one goes along.

First provide a good foundation pattern to fit each one who needs new clothes. This may be a commercial pattern of simple design, or one that you have made according to measurements. With a little practice in

using such a pattern you can cut from it very rapidly, and vary the trimming so as to have many different designs. You don't want to dress your family in a uniform, of course, but in making underwear you buy enough goods of the same kind to make several garments, you will use the goods to better advantage and save time in handling it.

Cut as many garments out at one time as you can. Pin the parts of each securely together with the scraps that match, or put it in a box by itself. When you have cut even one dress by a given pattern the next can be cut a great deal faster, because you know how to place the pattern on the material in the best way. While you are cutting these dresses out, don't forget to allow hems twice as deep as you need. This extra material is convenient when the time comes to lengthen the dress. It may be turned up into a very wide or double hem or a tuck may be concealed within the hem.

The next part of your work is the machine stitching. Most wash materials have body enough and are so smoothly and firmly woven, that you can stitch many parts of your garments directly on the machine without basting. Don't stitch a seam or two, and then stop to turn, trim, or baste. That is a slow method. Stitch straight through the entire lot you have cut out, until you can do no more without folding or basting. Keep the parts of each garment together. Next go through all the garments, trimming, pressing fells, putting in gathers, or whatever has to be done, until all the dresses are ready for more machine work. By the time you have stitched them once more you will have plenty of "pick-up" work on hand, to be done in odd minutes. There will be bindings and buttonholes and pockets, sleeves, hems, collars, and other finishing work, much of which must be in part done by hand. Right here is one of the secrets of the difference in accomplishment you have wondered about in different women. Mrs. Smith does her work

in this way, and always has something on hand to go on with if she finds herself watching the children, waiting for bread to bake, or entertaining an informal caller. Her dresses seem to be completed by magic, with no particular effort. Mrs. Brown never has anything ready to work on, and would have to start cutting a dress out and working on it from the beginning, to get it to the "pick-up" stage. Another hint: if you have a nice grandmother or aunt who drops in once in a while, and offers to help with the sewing, how sensible to have something definite to hand her?

Just one more hint to the mother who makes many little garments: buy a lot of the same kind of buttons- a stock design, easy to duplicate- and always keep a reserve card on hand. Then you won't have to hunt to match the buttons that come off, and little dresses will always look neat.

SEWING QUESTIONS

Question: How should one design her clothing if the hips are large in proportion to the waist and bust?

Answer: Long vertical lines from shoulder to floor are most becoming on this type of figure. These lines may be stripes in the material, bands or rows of trimming, rows of buttons, tucks, etc. The best effect will be gained by keeping them toward the center front and center back rather than at the underarm seam. The hip line should be kept as straight and as free from trimmings as possible in order that the eye may be attracted to some other part of the dress. The surplice front gives a longer effect than the straight front.

Question: What kind of sleeves are most becoming on a stout woman?

Answer: The loosely fitted long sleeve is the most becoming for fleshy arms. A tight sleeve on a large arm does not make the arm appear smaller but rather emphasizes its size. It is also uncomfortable. Loose sleeves which are open at the wrist are graceful as well as comfortable. Trimmings and construction lines which follow the length of the arm such as bound slashes, bands of material, rows of buttons, etc., are aids in making the arm seem longer and more slim. Peasant type sleeves, or those gathered into a tight cuff with a puffed effect, should never be worn by the stout woman. In fact, it is best for her to keep the sleeve as simple and graceful as possible.

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